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THE LEGEND HAD HIS 42 IMMEDIATELY RETIRED IN MONUMENT PARK.

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NEW YORK CITY Monday, September 23, 2013

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Missed the Emmys? Read about them here

PAGE 16



Gun violence. In the wake of the Washington, D.C., Navy Yard mass shooting, Metro examines the state of guns in three of the largest cities in the northeast. **Police ride-along.** In Philly, a typical night for police involves so many calls for shots fired, they compare it to a game of Whac-A-Mole.

PAGES 12-13

UNDER THE GUN



Metro takes a look at the epidemic of gun violence in New York City, Boston and Philadelphia over the course of the next week. / BILLY BECERRA, ILLUSTRATION



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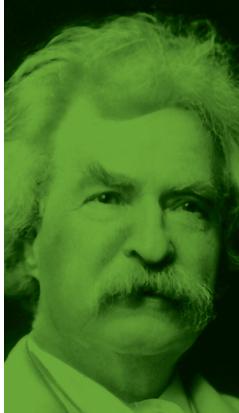
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NEWS



Top 3

What's trending online at Metro.us

1 'VIDEO: Mark Twain struggles with using social media'

2 'VIDEO: 'Rat City' rap video pays tribute to Allston'

3 'VIDEO: Transgender girl crowned homecoming queen at California school'

Quoted

"We have worked as hard as we can for 12 years, the results are out there. They're not just touchy-feely. There's real numbers behind most of them."

Mayor Michael Bloomberg



Purse snatching



The suspect / NYPD

Thief chokes 71-year-old woman in Brooklyn

A robber choked a 71-year-old woman before stealing her purse in broad daylight on a Brooklyn street last week.

Police said the woman was on Macon Street in Bedford-Stuyvesant around 2:30 p.m. Thursday when a man approached her from behind, choked her and grabbed her purse.

The suspect, believed to be a black male in his 30s, threw the woman to the ground, where she hit her head.

The woman was treated at Kings County Hospital.

The suspect fled with the purse, which held the woman's MetroCard, insurance card, credit card, keys and driver's license.

The suspect was last seen wearing a black top, black jeans and black sneakers.

He had a long goatee, police said.

Anyone with information is asked to call Crime Stoppers at 1-800-577-TIPS (8477).

EMILY JOHNSON



In the last days of his final term leading the city, Mayor Michael Bloomberg has his eyes on his legacy. / GETTY IMAGES

Mayor accentuates positive in report

Finals. Bloomberg released his last report on how he performed over his three terms.

In recent weeks, Mayor Michael Bloomberg has noted the dwindling days in his administration.

"I have it written down," he joked at an East Harlem public school last Tuesday.

With around 100 days left, his administration re-

leased a report examining the city's performance during his three terms.

Indeed, nearly two-thirds of what his office dubs "critical indicators" have shown improvement or maintained performance since the start of his administration, according to his final Mayor's Management Report.

Major crime and traffic fatalities have both decreased since 2001. The number of students graduating from public schools has increased. Street cleanliness is up and more people are visiting the city

than ever before.

"New York City services have shown constant improvement over the last 12 years despite multiple economic downturns and operational challenges like Hurricane Sandy that have tested our talented and dedicated workforce," Bloomberg said.

Still, complaints of police misconduct and noise have both increased under Bloomberg's tenure as the mayor.

ANNA SANDERS

anna.sanders@metro.us

Under Bloomberg

Citywide greenhouse gas emission reductions increased 149.8 percent.

- Fire fatalities decreased 32.8 percent.
- There has been a 124 percent increase in New Yorkers applying for food stamps since 2001.
- Sheltered homeless has increased 18.7 percent.

Reckless. Two kids suffer chemical burns while on Queens bus

A Queens man is in police custody after chemicals he was transporting on a city bus sent two young boys to a hospital burn unit, police said.

The brothers, 5 and 8, were riding the Q53 bus in Forest Hills when a toxic chemical mix reportedly leaked onto them from a backpack

belonging to Ivan Ivanov.

Ivanov, 32, said he was transporting cleaning supplies from his job at John F. Kennedy Airport. He was charged with reckless endangerment.

The children suffered minor injuries and were taken to New York-Presbyterian Hospital.

EMILY JOHNSON

Gun violence

Queen's man dead in shooting

NYPD received a report of a shooting on Saturday at 6 p.m. in Elmhurst, Queens. They found a man, 33, with a gunshot wound to the head and neck. He was pronounced dead upon arrival at Elmhurst General Hospital.

EMILY JOHNSON

Investigation. Man found dead in Crown Heights stairwell

A man was found dead in a Brooklyn stairwell early Saturday.

The man was found by police inside a Crown Heights apartment building on Eastern Parkway at 4:10 a.m.

The 68-year-old man, who has not been identified, was unconscious and unresponsive, with

trauma to his head, neck and back, police said.

Emergency personnel declared the man dead.

The Medical Examiner will determine the cause of death, but police said he may have fallen down the stairs.

Cops said the investigation is ongoing.

ANNA SANDERS



A photograph of two news anchors, Dick Brennan and Alice Gainer, sitting at a desk in a television studio. Dick Brennan, on the left, is wearing a dark blue suit, white shirt, and a blue striped tie; he is holding a piece of paper. Alice Gainer, on the right, is wearing a red long-sleeved dress; she is also holding a piece of paper. They are both smiling. The background shows a city skyline at night.

DICK BRENNAN ALICE GAINER

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Hundreds of people turned up at a health clinic in the Bronx to receive a dose of the Hepatitis A vaccine. / GETTY IMAGES

Hundreds line up for the Hep A vaccine

Food scare.

Five people were reportedly diagnosed with the illness after eating at a restaurant in the Bronx.

Taking the vaccine

The Health Department provided free Hepatitis A vaccines in the Bronx to those without health insurance on Saturday and Sunday.

- People with immunity-compromising condi-

tions were also advised to contact their doctor and receive the vaccine.

- It can take as long as 50 days to become infected with Hepatitis A, the Health Department said.

Hundreds of people turned up for vaccinations at a health clinic on Saturday after five cases of Hepatitis A at a Bronx restaurant caused Health Department officials to urge other patrons of the restaurant to seek medical attention.

A team from the Medical Reserve Corps was dispatched to cope with demand. Within two hours of opening their doors, they had administered about 400 vaccinations with hundreds more people still waiting their turn, DNAInfo.com reported.

One employee and four patrons at New Hawaii Sea Restaurant in the Bronx have reportedly been diagnosed with Hepatitis A.

The New York City Health Department is warning people who ate at the restaurant's 1475 Williamsbridge Road location between Sept. 7 and Sept.

"This incident serves as an important reminder to always wash your hands thoroughly before handling food to prevent the spread of disease."

Health Commissioner Dr. Thomas Farley

19 to get a Hepatitis A vaccine as soon as possible. If people are vaccinated within 14 days of exposure, vaccination can prevent the disease from occurring.

They said those who consumed food from the restaurant through catering or delivery should also seek a vaccine, and all leftover food should be discarded immediately.

The Health Department provided Hepatitis A vac-

cines at Herbert Lehman High School at 3000 East Tremont Avenue in the Bronx, on Saturday and Sunday. They were provided for free for anyone without health insurance.

Pregnant women are not eligible for the Health Department's Hepatitis A vaccine and are advised to contact their doctor.

Hepatitis A is contracted by consuming food contaminated by someone with the infection. Symptoms of a Hepatitis A infection include jaundice, fatigue, abdominal pain and diarrhea. People typically develop symptoms about one month after being infected, the Health Department said, though it can be as soon as 15 days or as long as 50 days.



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Sen. Schumer, Sen. Gillibrand endorse de Blasio for mayor

Big guns. Both New York senators threw their support behind the Democratic mayoral candidate.

U.S. senators from New York Chuck Schumer and Kirsten Gillibrand endorsed Democratic candidate Bill de Blasio for mayor.

Gillibrand told de Blasio supporters in an email Sunday that de Blasio is a "true progressive champion." She specifically noted his plan to start universal pre-kindergarten.

"Join me in helping Bill move us forward on education and so much more," she said.

Schumer said that de Blasio would be able to decrease economic inequality.

"New York needs big,



Bill de Blasio / GETTY IMAGES

Quoted

"We all need to get behind Bill today."

Kirsten Gillibrand

bold ideas to meet the challenges before us, and a laser focus on making sure the economic pie is shared more equitably with all New Yorkers," Schumer said, adding he

will help him make his "objectives become reality."

De Blasio said he was honored for "fellow Brooklynite" Schumer's endorsement.

"At a time when working New Yorkers are struggling to make ends meet, Senator Schumer has never forgotten that a strong and vibrant economy is based on a growing middle class," de Blasio said in a statement. "I'm proud to stand with him."

De Blasio has also recently been endorsed by both former President Bill Clinton and former Secretary of State Hillary Clinton.

The Public Advocate holds a significant lead in last week's polls on the general election against Republican candidate Joe Lhota.

ANNA SANDERS
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Basketball court

Teen shot in the groin inside Brooklyn park

A teenager was shot in the groin while playing in a Brooklyn park early on Friday night, police said.

Law enforcement sources said that the 13-year-old was hit around 7:26 p.m. while he was playing in a basketball court with friends inside Canarsie Park at E. 92nd Street.

The teen was later taken to Brookdale Hospital, where he was listed in stable condition after the shooting.

It's believed the boy was not the intended target of the incident, police said.

No arrests have been made in the case. Police said that the investigation is ongoing. **ANNA SANDERS**



NYPD increases security after attack in Kenya

The NYPD heightened security throughout the city following an attack at a mall in Kenya Saturday. "We keep track of events as they unfold across the globe and we adjust our counterterrorism program accordingly," NYPD Deputy Commissioner John McCarthy said. McCarthy said there are no specific known threats, but critical response vehicles and heavily armed Hercules teams have been deployed as a precaution. / GETTY IMAGES

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Mass shooting

NRA chief criticizes Navy Yard for being 'unprotected'

A National Rifle Association leader criticized the Washington Navy Yard yesterday for being "unprotected" last week when a mass shooting left 13 dead, including the shooter.

"This is a tragedy that should not have happened, a memorial service that should not be taking place, and victims that should not be victims," Wayne LaPierre, NRA executive vice president, said on NBC's "Meet the Press" program.

"In a post 9/11 world, a naval base within miles from Congress, the White House ... largely left unprotected," he said.



LaPierre / GETTY IMAGES

Law enforcement authorities have identified

the Navy Yard shooter as Aaron Alexis, 34, whose primary weapon in Monday's rampage was a shotgun that he had recently purchased.

The NRA is calling for layers of security established around military bases where personnel who are trained in firearms are largely disarmed on the base, LaPierre said.

REUTERS



Loved ones of the Navy Yard shooting victims visited the Marine Barracks yesterday. / GETTY IMAGES

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Obama speaks at Navy Yard memorial

Services. Obama said the country must make mental health treatment more available.

just somehow the way it is," he said at the outdoor service at Marine Barracks Washington, less than three blocks from the base where three women and nine men died in the attack.

"We must insist here today there is nothing normal about innocent men and women being gunned down where they work," Obama said.

Authorities have identified the shooter as Aaron Alexis, 34, a former U.S. Navy reservist working as an information technology contractor. He was killed in a gun battle with police.

"I'm here today to say there's nothing routine about this tragedy. There's nothing routine about your loss," Obama told families at a memorial service for 12 people killed by a gunman last week at the Washington Navy Yard.

"Sometimes I fear there is a creeping resignation that these tragedies are

just somehow the way it is," he said at the outdoor service at Marine Barracks Washington, less than three blocks from the base where three women and nine men died in the attack.

There were signs that Alexis had untreated mental health issues. Rhode Island police had warned the Navy in August that Alexis had reported "hearing voices" and said he believed

people were following him and "sending vibrations into his body." REUTERS

Today's winner

To enter your submission for the Metro Photo Challenge to win a trip to Ghana, go to www.metrophotochallenge.com.

**'The Colorful Central Park'**

Maosung Yao, New York, Category: Sight

Clinton mulls idea of White House run

Bill Clinton. He said his wife's popularity stems from her successes with different people in government.

Hillary Clinton acknowledges that she is wrestling with whether to run for the U.S. presidency in 2016, well aware of the "political and governmental challenges" she would face if she wins.

The former U.S. secretary of state and first lady said in an interview with New York magazine that she has not decided if she will run and is trying to be "both pragmatic and realistic."

"I'm not in any hurry," Clinton told the magazine in an article posted on its website yesterday. "I think

it's a serious decision, not to be made lightly, but it's also not one that has to be made soon."

Some of Clinton's confidants who spoke with the magazine are far less circumspect than she is about a presidential run.

"She's running but she doesn't know it yet," one person told New York, which described Clinton as America's most popular Democrat. "It's just like a force of history. It's inexorable, it's gravitational. I think she actually believes she has more say in it than she actually does."

One longtime Clinton friend said: "She's doing a very Clintonian thing. In her mind, she's running for it and she's also convinced herself she hasn't made up her mind. She's going to run for president. It's a foregone conclusion."

REUTERS



Clinton, who served as a senator from New York, ran for the Democratic presidential nomination in 2008 but lost to Barack Obama. / GETTY IMAGES

Quoted

"I think I have a pretty good idea of the political and governmental challenges that are facing our leaders." Hillary Clinton



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MH-60S Knighthawk. US Navy helicopter crashes in Red Sea

A Navy helicopter crashed in the central Red Sea yesterday with five military personnel on board, a statement from U.S. Naval Forces Central Command, said.

The MH-60S Knighthawk helicopter assigned to Helicopter Sea Combat Squadron 6 crashed while operating with the guided

missile destroyer USS William P. Lawrence, the statement said.

"The status of the five personnel on board the helicopter is still being determined," the statement said. "The crash was not due to any sort of hostile activity." The incident was under investigation, it added. REUTERS

Lane changing

Small plane makes emergency landing on Chicago expressway

A pilot of a small plane was forced to make an emergency landing early yesterday on a busy Chicago expressway that skirts Lake Michigan after waiting for a gap in the traffic, authorities

said.

The single-engine plane landed in the northbound lane of a stretch of Lake Shore Drive, just a few blocks east of the skyscrapers of the Loop.

The pilot, who was the only person on board, escaped unscathed, and no other injuries were reported, a police spokesman said. REUTERS

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Mall massacre

Somali al Shabaab group says Kenya can't act on its threats

The Somali Islamist militant group Al Shabaab taunted Kenya yesterday as its guerrillas awaited a government bid to end a siege in the Nairobi shopping mall they had seized a day earlier.

Al Shabaab has claimed responsibility for the attack, in which at least 68 people were killed and a further undisclosed number were being held hostage yesterday.

Kenyan President Uhuru Kenyatta pledged to clear out the attackers and track the planners down. In an address yesterday, he promised to punish the masterminds "swiftly and painfully." **REUTERS**

Kenya forces rescue 'most' hostages in mall terror siege

Toll could rise.

Volunteers said they believed more corpses were still inside, unreachable for now.

Kenyan defense forces said yesterday they rescued "most" of the hostages held by al-Qaeda-linked gunmen at a shopping mall in Nairobi, after a terrorist attack that began Saturday and left at least 68 people dead.

Police began an assault last night to end the siege by as many as 15 perpetrators, and "security forces have taken control of most parts of the building," Kenyan police said in a Twitter message attributed to the country's Defence Forces.

Security forces have as good a chance "as we can hope for" to neutralize the



A policeman carries a baby to safety after masked gunmen stormed an upmarket mall and sprayed gunfire, killing shoppers and staff in Nairobi. / GETTY IMAGES

Injured

205

More than 205 people were injured in the raid and 49 are missing, according to the Kenya Red Cross' website.

attackers, who may include women, as the authorities work to ensure the captives are freed unharmed, Kenyan President Uhuru Kenyatta told reporters yesterday in the city.

"The criminals are now located in one place

in the building," Kenyatta, flanked by diplomats and government officials, told reporters at the State House in the capital. The Red Cross said Saturday that hostages were being held in the supermarket at the mall. **BLOOMBERG**

Condolences

Obama says US will support Kenya to bring attackers to justice

President Barack Obama called Kenyan President Uhuru Kenyatta yesterday to express condolences over what the White House called a "terrorist attack" by the al Shabaab group at a Nairobi shopping mall.

"President Obama reiterated U.S. support for Kenya's efforts to bring the perpetrators of the attack to justice," the White House said in a statement.

REUTERS

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Bar-Ziv Y et al. Arthritis Volume 2013 (2013).
Elbaz A. et al. Clinical Biomechanics 2010;25:920-5.

Speech. Pope attacks global economics for worshipping money

Pope Francis made one of his strongest attacks on the global economic system yesterday, saying it could no longer be based on a "God called money" and urged the unemployed to fight for work.

Francis, at the start of a daylong trip to the Sardinian capital, Cagliari, put aside his prepared text at a meeting with unemployed workers, including miners in hard hats who told him of their situation, and improvised for nearly 20 minutes.



Pope Francis / GETTY IMAGES

"I find suffering here. ... It weakens you and robs you of hope," he said. "Excuse me if I use strong words, but where there is no work there is no dignity."

He discarded his prepared speech after listening to Francesco Mattana, a 45-year-old married father of three who lost his job with an alternative energy company four years ago.

Mattana, his voice trembling, told the pope that unemployment "oppresses you and wears you out to the depths of your soul."

The crowd of about 20,000 people in a square near the city port chanted what Francis called a prayer for "work, work, work." They cheered each time he spoke of the rights of workers and the personal devastation caused by joblessness.

REUTERS

Chemical weapons

Russia says West exploiting Syria deal to threaten force

Russia accused the West yesterday of trying to exploit a chemical weapons deal with Syria to push through a U.N. resolution threatening force against President Bashar al-Assad.

Assad's government has handed over information about its chemical arsenal to a U.N.-backed weapons watchdog, meeting the first deadline of the ambitious U.S.-Russia accord which the U.N. Security Council is due to endorse in the coming days.

But major powers on the council, who have disagreed throughout a conflict which has killed 100,000 people, remain divided over how to ensure compliance with the accord.

REUTERS

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Philly police fight a daily

The front line. The city of Philadelphia receives constant reminders of the deadly impact of America's obsession with guns.

"Shots fired." It's the third time tonight the call has come across the radio, and Lt. Pat Kelly is becoming concerned. "They're moving us around out here."

Standing by a take-out Chinese spot just a block from the reported shots, two men eye the lieutenant's car as he pulls up. The question is the same one being asked by half a dozen other cops now descending onto this part of the 19th District.

"Did you see anything?"

One man tells Kelly that he may have heard something but couldn't be sure from which direction it had come. The other man repeats three times that he just walked outside.

"OK. Relax," assures Kelly. "We're just trying to find out what's happening."

Spanning six square miles on Philadelphia's western edge, the 19th District is on the front lines of the daily battle against gun crime in this country. With an average of 40 gun-related homicides a year in this southwest Philly district alone, and hundreds of illegal gun seizures, the 19th represents a picture of violence familiar to many of America's inner cities.

It's a place where gun-

By the numbers

3,666

Guns used in crimes confiscated last year by PPD

63

The percentage of all crime guns that were semiautomatic, high-capacity handguns

24

The percentage of guns that are revolvers

fire has become so common, these questions so routine and attitudes toward police so entrenched, that most people barely lift their heads to answer the officers' questions.

Kelly has been with the Philadelphia Police Department for 21 years. He worked narcotics in the '90s — undercover — participating in more drug buys than he can count. "Drugs and poverty go hand-in-hand," he says.

A gunshot is a Priority One call. It means lights and sirens and running red lights. It also means Kelly, his tactical squad and sometimes a few line cars all converge on one area. These calls have been coming in all night, but the police keep coming up empty-handed.

Over the radio, a fourth call comes in. It's more of the same: gunshots heard near Lansdale Avenue.

There's a part of all police work that's responsive like this, what the officers call Whack-a-Mole. It means jumping from call to call, always on the heels of the violence. But it stands out on a larger scale, too. And it illustrates the fractured state of some of the 19th District's neighbors.

In the '90s, larger street gangs, organized and equipped, controlled these streets. But as the police targeted known leaders, the gang control splintered, dividing territory and neighborhood allegiances. It's not uncommon now to see a gang from 50th Street fighting a gang from 51st. Though even the term "gang" is a poor description to the cops of the 19th.

"These are like neighborhood gangs," an officer in an undercover car said. "They're cliques or crews. Young kids mostly."

Kelly says drug-related violence used to happen in spikes.

"But now it's just arguments," he explains. "Nobody gets into fistfights these days. Used to be somebody wins, somebody loses, but that was it, you carried on with your life. Now, nobody loses, they just find a gun."

More than 3,500 guns were used in crimes or confiscated last year by PPD. Each gun, a separate investigation, has been left



Sergeant Brent Conway of the Philadelphia Police Department's 19th District on patrol in West Philadelphia. / CHARLES MOSTOLLER, METRO

Guns in our cities

Following the trail of our bloody streets

Boston, Philadelphia, New York City: three very different cities with a common problem. Gun violence has destroyed the lives of countless individuals and families on their

streets and wrought devastation across vibrant neighborhoods, searing itself into their fabric.

Over the next week, Metro will examine the impact that gun violence has had on those cities, as well as our country, in the aftermath of the recent massacres at

the Washington, D.C., Navy Yard; Sandy Hook Elementary; and Aurora, Colo. We will look at what each city is doing to combat the age-old problem of gun violence and change the deadly culture that, on a daily basis, leaves its bloody imprint on our communities.

THE EDITORS

to Lt. Joseph Walsh and his team, the Forensic Identification Unit to analyze. Last year, as a result of these investigations, the FIU processed and recorded 68,000 individual pieces of projectile evidence.

Each gun, bullet, jacket and casing has been individually analyzed and compared.

"We confiscated those," said Walsh, tapping an armor-piercing .50-caliber round sitting on his desk, "and it's not nearly the craziest thing we've ever gotten in here."

It's easy when discussing gun crime to become distracted by the unique and sometimes bewildering

weapons that Americans can obtain. It's a huge problem, one that diverts resources, attention and political capital away from the real issues.

But for Philadelphia, like the rest of America, the main problem is not these weapons. The problem is and always has been handguns and how they end up in criminals' hands.

"People want to demonize assault weapons," explains Walsh. "But in 2012, 63 percent of all our crime guns were semiautomatic, high-capacity handguns. Twenty-four percent are revolvers."

"That's 3,189 confiscated weapons that were

pistol-sized. And then we got 7 percent shotguns and 6 percent rifles."

And many of these guns could have been prevented from ever falling into criminal hands.

According to FIU statistics about a majority of pistols recovered in Philadelphia today, the average time from when the gun was legally purchased to the time it ends up as a weapon in a crime, or time-to-crime, is seven to 10 years. This time span suggests that most of these guns were not straw purchased. The typical time-to-crime for a straw-purchased gun is between six months and a year."

Searching for a reason

"I mean, there used to be a reason behind it: the drugs, crime, money. Now it's like you can't have an argument over a game in the park without a shooting."

Lt. Pat Kelly

"These are guns that are laying around in people's closets," says Walsh. "Unfortunately, people treat their guns like shoes in this country. We hear it all the time. We'll get guns in the lab and people will say they haven't seen the gun in four years. I don't know how you can legislate it, but if people kept their guns and ammo locked up and acted more responsibly, less guns would make it to the street. I mean, we have to be more responsible with our cars than we do our guns right now."

KIT DILLON
letters@metro.us

battle against gun violence



Fatalities

Deadly gun violence in Boston sees increase in 2013

Gun violence is proving to be a bloodier scourge on Boston so far in 2013 than compared to the same time last year.

The most recent data released by the Boston Police Department shows that as of Aug. 26, fatal shootings numbered at 25 compared to 21 during that period last year.

Shootings in which a person was not fatally injured have also risen. As of late August, 160 people had been hit by gunfire compared to 143 at the same time last year.

What's more, those numbers don't include the recent spate of violence on a bloody Sept. 14 that sent seven people to the hospital with gun shot wounds



Loved ones console each other at the scene where a man was shot in Boston, Mass., on April 1, 2013. / GETTY IMAGES

and left a 25-year-old Boston man dead after a shooting.

Those people were shot in four separate incidents that Boston Police Commissioner Ed Davis said did not appear to be related. Some of the incidents were gang-related and connected to other violent incidents, he said.

Davis said that the

uptick occurred after a lull in violent activity and that spikes in violence have a tendency to group into small time frames after quiet periods.

"We certainly increased our presence out there, and we're doing everything we can to make sure the violence subsides."

MICHAEL NAUGHTON

By the numbers

160

The number of people hit by gunfire, from Jan. through Aug. 26, 2013, in Boston

25

The number of fatal shootings in Boston during that same period

90

The percentage of victims of gun violence in New York City that are black or Latino, according to Mayor Michael Bloomberg

8000

The number of guns seized from stop-and-frisk stops since 2002, according to the NYPD

20

The years since NYC's number of shootings been this low

Big drop in deaths

Record low gun crime recorded in New York City

The number of shootings,

and fatal shootings, are at historic lows in New York City, according to data from the mayor's office.

As of Sept. 8, there were 131 fatal shootings

this year. That amounts to a 30 percent decrease from the same time period in 2012, when 188 fatal shootings were recorded.

The 131 fatal shootings accounted for 57 percent of all homicides in the city this year. Last year, gun violence was the cause of 60 percent of the city's

homicides over the same period.

There are almost six times as many non-fatal shootings as fatal shootings, but even that figure

is down. As of Sept. 8, the city recorded 774 shooting incidents, a 24 percent drop from last year's 1,029 over the same period.

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CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Rose McGowan is not making new friends and Judd Apatow looks like he's lost weight.

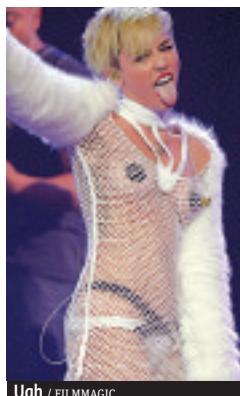
@rosemcgowan: a DJ just yelled at me. "Respect my Art!!" Bahaha. OK, don't suck.

@JuddApatow: You know you've gained weight when everyone keeps telling you that you look like you've lost weight.



Cyrus twerks with a little person, wears this

Miley Cyrus has learned nothing from her much-panned performance at the VMAs. In fact, it seems like our tsk-tsk-ing is only feeding the low-rent Gwen Stefani-wannabe beast. Case in point, Cyrus not only wore this outfit to the iHeartRadio Music Festival this weekend, but she also butt-slapped a twerking little person and sang into a banana microphone. I mean, we already have one Ke\$ha. Does the world really need another? Perhaps Cyrus was



acting out after a very busy weekend. Besides looking like a pornographic polar bear, photographers spotted a moving truck outside of Cyrus' Los Angeles home on Friday, rumored to be her ex-fiance Liam Hemsworth's, collecting the rest of his belongings, according to TMZ.



The ever-demure Miley Cyrus performs at the iHeartRadio Music Festival at the MGM Grand Garden Arena on Saturday in Las Vegas.
FILMMAGIC

THE WORD

Dorothy Robinson takes on the world of gossip.

DOROTHY ROBINSON
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Samberg is a married man

Andy Samberg and singer Joanna Newsom tied the knot this weekend in an intimate ceremony in Big Sur, Calif., according to Us Weekly. Samberg proposed to Newsom in February. He admitted to Ryan Seacrest in an interview that planning the wedding wasn't easy. "So far it's been nothing but stress and joy," he said. "The joy is in the lady herself. The stress is in the planning. We tried to go small and it was just impossible."

Talking points

Chris Brown is tired of the media

Chris Brown has had a tough go of it, as far as his public image is concerned, ever since he was convicted of assaulting Rihanna in 2009, and he's a little tired of how much he still has to put up with being judged about it — especially compared to other entertainers like Jay Z. "No disrespect, because I'm a fan, but nobody brings up the fact that he stabbed somebody and sold drugs," Brown tells Jet magazine. "He gets a pass."

Paltrow on donning short-shorts

Gwyneth Paltrow admits that being one of the only ladies in "The Avengers" meant some wardrobe choices she didn't quite agree with. While Scarlett Johansson's Black Widow donned a full-body catsuit for much of the film, Paltrow's Pepper Potts wore some more revealing Daisy Dukes. "That was mean, wasn't it?" she confides in E! News. "Why am I in cut-off shorts and everyone else is in a suit? That's not fair."

Russia bans Selena Gomez

She speaks truth to power, and some people just can't handle that. They don't want her coming into their safe little world and making them think with her radical ways. I am referring, of course, to Selena Gomez.

Russia has banned the former Disney star, apparently because of her support for gay rights. According to Hollywood Life, Gomez was set to perform in Moscow and St. Petersburg as part of her "Stars Dance" tour, but she'll have to cancel



SELENA GOMEZ IS TOO CONTROVERSIAL FOR RUSSIA. / FILMMAGIC

the Russian leg after being refused a visa. Does Russia even understand what it's doing to itself? If Selena Gomez is too radical for them, they've really gone off the deep end. What's more, they're depriving themselves of some very important pop stars. If the Russians will only admit American stars who share their views on gay rights, they'll be left with Kirk Cameron and the weird Baldwin brother.

Metro/Melinda Taub

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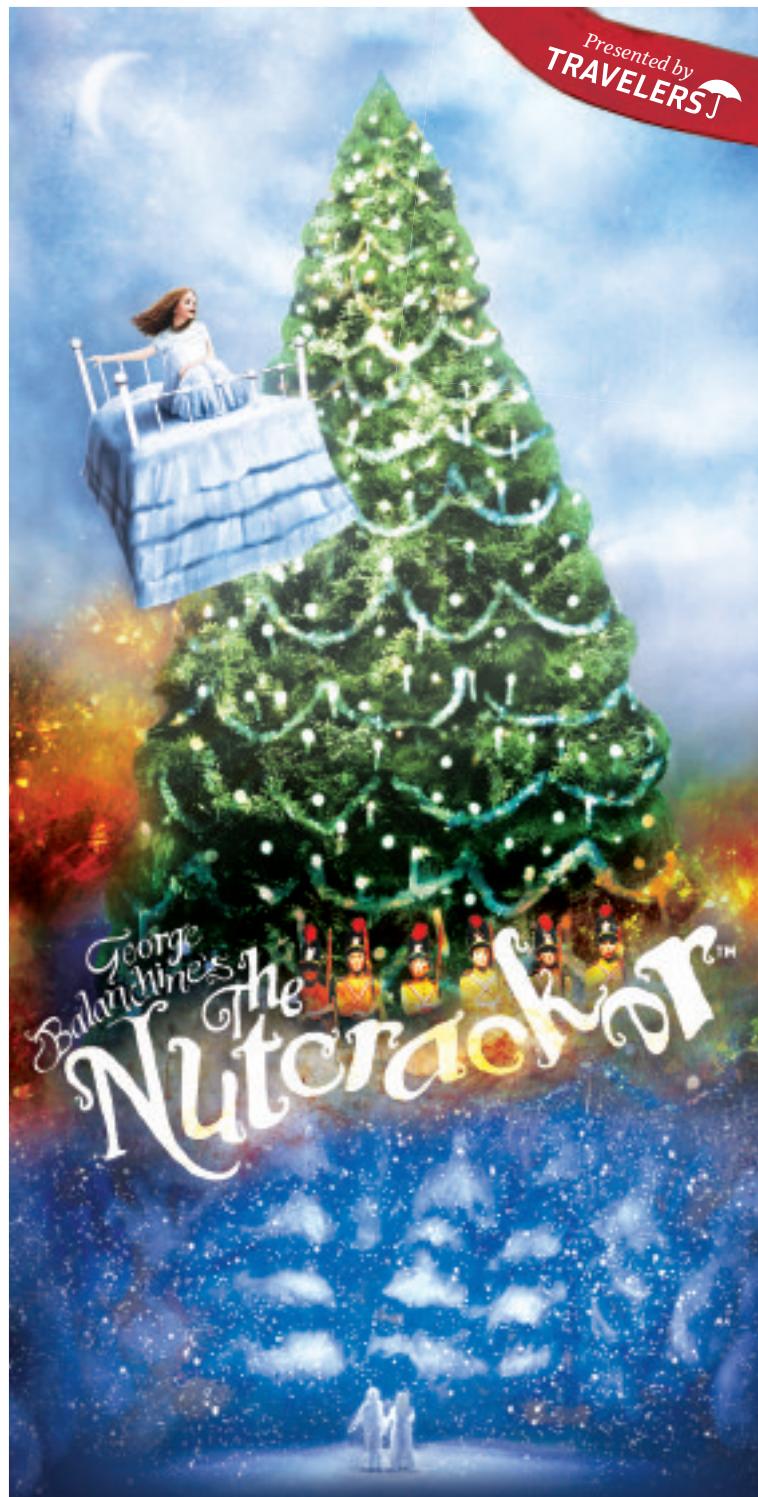
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**1****2****3****4****5****6**

6 Ke\$ha took shots of Jack Daniel's during her Saturday night performance.
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Music fests. Scenes from the iHeartRadio Music Festival

1 Kylie Jenner, Kourtney Kardashian, Miley Cyrus, Khloe Kardashian Odom and Kendall Jenner posed together.

2 Britney Spears wore short black shorts, stilettos and a black lace bra to introduce Miley Cyrus onstage.

3 Paul McCartney debuted several tracks from his upcoming studio album, "New."

4 And Avril Lavigne was there to perform.

5 Ian Somerhalder introduced Maroon 5 to the stage.

6 Ke\$ha took shots of Jack Daniel's during her Saturday night performance.
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Best of the best

Here are just a few of the night's biggest winners:

Drama Series
"Breaking Bad"

Lead Actress on a Drama Series
Claire Danes,
"Homeland"

Lead Actor on a Drama Series
Jeff Daniels,
"The Newsroom"

Supporting Actress on a Drama Series
Anna Gunn,
"Breaking Bad"

Supporting Actor on a Drama Series
Bobby Cannavale,
"Boardwalk Empire"

Comedy Series
"Modern Family"

Lead Actress in a Comedy Series
Julia Louis-Dreyfus,
"Veep"

Lead Actor in a Comedy Series
Jim Parsons, "The Big Bang Theory"

It was no 'Breaking Bad'

Awards. Neil Patrick Harris tried to hold together a rickety, rapid-fire yet still endless Emmys.

Viewers last night had a decision to make: Watch the penultimate episode of "Breaking Bad" or the Emmys? If you chose the latter, then you got to watch the show win for Drama Series and Anna Gunn for Supporting Actress rather than whatever happened to her character, meth king wife Skyler, on this week's episode.

Other "Breaking Bad" staffers were less successful, with Jonathan Banks (as clean-up guy Mike) losing to "Boardwalk Empire's" Bobby Cannavale.

Apparently going for the EGOT of awards show hosting, Neil Patrick Harris returned to helming the Emmys for the second time. For those keeping



Jane Lynch and Jimmy Kimmel crash Neil Patrick Harris' Emmys opener. / GETTY IMAGES

track at home, he's led the Tonys four times, and emceed less-esteemed ceremonies like the TV Land Awards, the Spike Video Game Awards and the World Magic Awards. He also hosted "Saturday Night Live" once.

His job tonight was to best or equal last year's suitably irreverent host, Jimmy Kimmel — and to fun up a show that histori-

cally is neither as loose as The Golden Globes nor as comically pompous as the Oscars.

Even though inevitably mocking his awards show ubiquity, NPH wasn't at his best, throwing out canned lines about twerking. His opening segment was more clever than funny, but did reach a fever pitch when the stage became cluttered with past hosts Kimmel,

Jane Lynch, Jimmy Fallon and Conan O'Brien.

Other notable moments in the show included Julia Louis-Dreyfus winning her second Emmy for the ace political satire "Veep" (which is her fourth win overall). Her co-star Tony Hale also won for Supporting Actor, although the show, nominated for best Comedy Series, lost to the undying "Modern Family."

Merritt Weaver won for both Best Supporting Actress on a Comedy Series as well as for best speech (according to Harris), which consisted of her thanking everyone then saying, "I gotta go, bye."

The biggest upset was Kerry Washington. Diahann Carroll, the first African-American nominated for an Emmy (for "Naked City" back in 1963), came out to set up the "Scandal" star as the first African-American winner of a Lead Performance Emmy. But the Emmy went to Claire Danes for "Homeland."

The whole show seemed too fast and too thrown together, speeding through awards and tributes alike. It still managed to run late, with multiple song-and-dance numbers dispersed throughout. The time could have been better used giving Jonathan Winters or James Gandolfini better than quick, montage-free tributes.

MATT PRIGGE
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Red carpet. Some stars looked (a lot) better than others

1 Elisabeth Moss showed off a sexy blonde crop that paired perfectly with her sparkly black-and-white gown.

2 Michelle Dockery proved she's all the lady — Lady Mary, that is — she's cracked up to be in this color-blocked Erdem silk crepe dress.

3 Lena Dunham, we love you, we really do, but you need to fire your stylist. That tent isn't doing you any favors.

4 Malin Akerman got caught in a cotton candy machine and emerged in this Marchesa gown.

5 Zosia Mamet, we have a feeling your "Girls" character Shoshanna would, like, definitely not be into this whole watercolor-dress-with-a-mustache-bra gown by Honor.

GETTY IMAGES

Meet the winners of 'So You Think You Can Dance'

TV. The new champs will hit the road this summer.

From the very start, Amy Yakima and Fik-Shun Stegall, both 19, were a package deal. America seemed to think so, too, since viewers voted them America's favorite female and male dancers on Season 10 of "So You Think You Can Dance" earlier this month.

The duo, affectionately deemed "Team Small" by viewers, is the first set of winners to also have been dance partners from the beginning of the season.

Despite Yakima's jazz background and Stegall's hip-hop inclinations, the pair clicked right away.

"I think we have the same work ethic," Yakima told reporters after the victory. "We're kind of perfectionists when it comes



Get tickets for the "So You Think You Can Dance" tour, featuring Amy Yakima and Fik-Shun Stegall, at www.ticketmaster.com.

FOX VIA GETTY IMAGES

down to it. I think America loves to watch two people grow together, and we did."

So what pushed Yakima and Stegall ahead? "To be honest, it was just in the hands of America to vote, and they just happened to vote our way, which was awesome," Stegall said.

But perhaps the growth that the winners demonstrated helped turn the

vote their way. "We started literally from nothing," Yakima said. "We grew every single week with whatever style we were given."

The pair credits their improvement to one another. "Amy's definitely had more training than me, by far," Stegall said. "I felt like I definitely did grow a lot because of her. [She] tells me what it is I

should be doing and then explains it to me in a way that makes sense."

"He taught me how to listen to the music and actually live through the music instead of just going by the count," Yakima countered.

There's no rest in sight for the two winners. Training has already begun for a 42-city tour.

"I think it's going to be fun; there's going to be less pressure because it's not a competition," Stegall said. "We're going to feed off each other's energy."

With sights set beyond the tour, both Yakima and Stegall view "SYTYCD" as a stepping stone to a bigger dance career. Yakima has her sights set on Los Angeles, for instance, because she says "the dance world is really out here."

ANISA ARSENault
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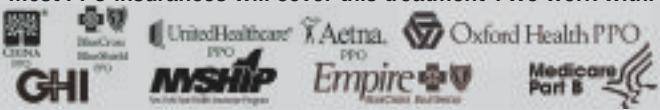
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PAUL DANO

The "Prisoners" actor talks about trusting that Hugh Jackman wouldn't hit him with a hammer.

'SAFETY ALLOWS US TO BE MORE DANGEROUS'

Paul Dano has eked out a career playing repressed, often strange characters, including his breakthrough role as the willfully mute son in "Little Miss Sunshine." His "Prisoners" turn may be his oddest yet: He plays a mysteriously remote young man who lives in an RV and may be involved in a kidnapping. He spends most of the film locked up and tortured by Hugh Jackman, the father of one of the kidnapping victims.

It's not immediately apparent what's wrong with your character: Is he mentally slow, or was there some horrible trauma? How do you play that without giving away the ending?

When you first read it he's a bit of a mystery. ... That's the fun puzzle for me as an actor. ... You don't know what happened to him before the film begins, so you build a fully realized person, even though the audience may not learn

everything about [him].

Your scenes with Hugh Jackman have an intensity to them that's hard to take. What was it like filming those scenes?

Hugh is such a kind man. He's such a good man. Trust is one of the biggest things, no matter what kind of film you're making. We trusted each other and our director. Safety allows us to be more dangerous. There's a part where

Hugh puts a hammer in the wall right next to my head, after he destroyed a sink. The sink was planned, and we had done the scene a few times. On one take Hugh put the hammer next to my head, totally unplanned. And then my character fainted. That was a great moment that just happened.

Do you have a regular method for getting into characters like this?

Honestly, each time it's

different. Sometimes you need to stay with it. You have to figure it out each time. For this, I wasn't filming every day, which actually made it harder, I think. We delude ourselves — that's our job. When you're in the middle of a scene you get lost. Sometimes when you finish a day, looking back on it, it can feel like a fever dream.

 MATT PRIGGE
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Upcoming projects

Not that Steve McQueen

Dano has a small but key role in the forthcoming acclaimed drama "12 Years a Slave."

"We all had a hunch he would make a film about slavery in America that hasn't been made before," Dano says of director Steve McQueen.

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America saw Jackman go medieval on Dano

Box office.

Audiences lined up to see the grim "Prisoners."

"Prisoners," a dark thriller starring Hugh Jackman as a father on a desperate search for his missing daughter, locked up the weekend box office title in the United States and Canada, grabbing \$21.4 million in ticket sales during its first three days in theaters.

Last weekend's leader, the low-budget horror picture "Insidious: Chapter 2," dropped to second place with \$14.5 million, according to studio estimates on Sunday.

The dance movie "Battle of the Year" made its debut in the No. 5 slot with \$5 million, topped by both mob comedy "The Family" with \$7 million and Spanish language hit "Instructions Not Included" with \$5.7 million.



Hugh Jackman and Maria Bello are really happy you all saw "Prisoners" this weekend. / WARNER BROS. PICTURES

Top 5 earners

| | | |
|----------|-----------------------------|----------------|
| 1 | 'Prisoners' | \$21.4 million |
| 2 | 'Insidious: Chapter 2' | \$14.5 million |
| 3 | 'The Family' | \$7 million |
| 4 | 'Instructions Not Included' | \$5.7 million |
| 5 | 'Battle of the Year' | \$5 million |

"Prisoners" earned strong reviews from critics and early Oscar buzz after a screening at the Toronto International Film Festival this month. The movie was produced for \$46 million by Alcon Entertainment and distributed by Warner Bros., a unit of Time Warner Inc.

Ticket sales for "Insidious: Chapter 2," about a family haunted by spirits, dropped 64 percent from its debut a week earlier. It cost \$5 million to produce.

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TV watch list

DRAMA

'Hostages'

We're still bummed that "Dexter" kicked the bucket, but there will be plenty of dark TV to take its place this fall. "Hostages" boasts former "American Horror Story" star Dylan McDermott as an FBI agent who goes rogue and holds a family hostage. **SERIES PREMIERE, 10 P.M., CBS**

TALENT

'The Voice'

"American Idol" lost its luster about a decade ago, but somehow "The Voice" still does it for us. Maybe it's the banter, maybe it's Adam Levine's sinewy, inked-up arms (what?) or maybe it's that the talent level seems like a cut above. Either way, we're still watching. **SEASON PREMIERE, 8 P.M., NBC**

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ENTERTAINMENT 20



James Gandolfini and Julia Louis-Dreyfus court each other in "Enough Said." / LACEY TERRELL

Not quite 'Enough Said' for Gandolfini

Middle-aged romance. Actor is in top form in one of his last roles but he's not the only one who shines.

Filmmaker Nicole Holofcener ("Lovely & Amazing," "Please Give") has carved out a niche as the maker of female-centered dramedies that are deceptively modest, uncommonly insightful and neatly made — often too neat, to be honest. "Enough Said," her fifth feature, finds her making a somewhat awkward fusion with a more popular genre: the cringe-inducing depiction of stunted adolescence. Like "Bridemaids" and "Frances Ha," the film's heroine is in an uneasy, unsettled spot in her life, grappling madly for elusive security.

The difference is she's middle-aged, which make all the difference in the

portly, self-effacing "loser."

That she's talking about Albert is a shock, not because the secret has been so well kept (really, we're not spoiling anything here), but because Holofcener seems like the last filmmaker who would do broad farce.

But Holofcener's observations are as strong as ever, and the acting is peerless. This is one of Gandolfini's last performances, and it's one of his strongest: He's charming, but you can see him trying to hide the hangdog tendencies that drove Marianne nuts (and may one day drive Eva nuts, too). Louis-Dreyfus is a touch too big for Holofcener's modest world, but she gives Eva a believability that she, as an actress, is too infrequently asked to handle. It's a great dance between two actors who should be, or should have been, in more movies.

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DON'T GET STUCK IN A MOMENT



Don't let bad memories of your ex ruin your current relationships. / GETTY IMAGES/MOODBOARD RF

Many people carry disastrous relationship experiences from the past into the present. Holding onto that old anger or resentment inevitably transfers negative vibes onto future relationships. It sabotages the possibility of creating healthy new bonds — and keeps you rooted in the dark parts of your history so you can't experience all the amazing possibilities of the now.

The old stories we carry around keep us stuck, blocked and disconnected from others. The first step to releasing these blocks is to shine some light on the fear-based stories we've been replaying. What are the relationship stories you've believed in for decades? What did you learn as a young child that you carry with you today? Maybe you feel inadequate, or you feel like you're better than others. Or possibly you feel unworthy of love. There are all kinds of limiting, fear-based stories that we learn at a young age and carry around with us.

Change the story by rewriting the script. Start by writing out the current fear-based story you've been living. Then rewrite it: In a notebook, tell the new story of how you want to feel in relationships. Clearly outline the

New perceptions

"Open up to the infinite possibilities that you can be fearless in your relationships and you can enjoy more love."

fears you want to release. Committing to changing the story is a radical step on your journey toward fearless relationships. The next time you witness yourself playing out your fear story, take a moment to read the new story you've crafted. In an instant you can remind yourself of what is real and commit to a new pattern.

The next step to becoming more fearless in relationships is to check your breath. When you're stuck in fear, you're likely not breathing. Your breath alone can smooth over a negative feeling and, in an instant, change the energy between you and another person. Use your breath as a powerful tool for shifting your energy in relationships. Yogi Bhajan, the Kundalini yoga master, taught:

"In any communication, or in any situation which you cannot confront because it is exaggerating, hot or aggressive, just change your

breath. Breathe through the lips instead of through the nostrils. Exhale always through the nostrils. Inhale through the rolled lips and make it slow and long. It will slow everything as required. It will increase your sensitivity. It will give you 10 times more projection over the person you are talking to."

Practice this breath exercise in your difficult relationships and you'll see how you can proactively change the energy of them.

Real change comes with a true desire to change. To bring more love into your relationships, therefore, it's important that you make a daily commitment to change. Start each day with an affirmation or prayer that sets you up to win. You may say, "Today I intend to bring more love into my relationships." Or, "Today I will be fearless and free in my relationships." This simple shift can change your entire attitude, energy and life.

Use these three tools to begin a journey of new perceptions. Open up to the infinite possibilities that you can be fearless in your relationships and you can enjoy more love. Your peace, love and connection are a choice you make.

Zen in the City

GABRIELLE BERNSTEIN

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Gabrielle Bernstein is the author of "Spirit Junkie."



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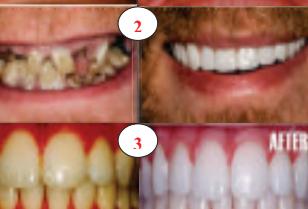
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WELLBEING 22

Healthier ways to get your pumpkin spice fix

Your favorite drink of the season comes with a hefty caloric price tag: A tall Starbucks pumpkin spice latte with whipped cream and 2 percent milk clocks in at 300 cals, says Keri Gans, MS, RDN, CDN, author of "The Small Change Diet." And even if you try to go healthier, a no-whip, skim-milk order will still set you back 200 calories. But there are some ways to indulge without guilt, she says, like sprinkling pumpkin pie spice on your oatmeal in the morning, or munching on some roasted pumpkin seeds. Pick up these goodies at the store, too. MEREDITH ENGEL



Thomas' Pumpkin Spice English Muffin

Each has 150 calories and 5 grams protein — top yours with nut butter or scrambled eggs for a filling start to the day. **\$3.99-\$4.29, grocery stores**



Bolthouse Farms Pumpkin Spice Latte

Loaded with vitamins and low in fat, this dairy drink is a good source of calcium and contains 7 grams of protein.
\$3.50-\$5, grocery stores



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- I have cramps in my legs which always happen when I walk the same distance.
- My ankles are swollen most of the time.
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Health notes



If this is how you like to spend weekends, consider going at it for a good cause. / POLKA DOT

Hit the doc

You don't have to shell out \$100 for a massage or acupuncture — did you know that many medical offices in NYC offer spa-like services? Two we like: Shift PT (95 University Pl. #8, 212-604-1316), whose spacious digs offer everything from standard

physical therapy to acupuncture, sectioned off in a private room with all the zen-like amenities of the fancy spa you're used to. And at Peterson Chiropractic (150 Broadway, #1800, 212-769-3210) a therapist will ease your tension with a free 30-minute massage when you book a consultation.

More good news: Both places take insurance.

Bike MS 2013

Feel the air whip against your face at next Sunday's Bike MS fundraiser, which offers three distinct rides to choose from — one traffic-free

30-mile route around Manhattan, or 55- or 100-mile (!) courses through the Holland Tunnel, in and out of New Jersey. All abilities are invited; money raised goes to researching, treating and finding a cure for MS. Register at www.bikemsnyc.com.

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Volunteering with extra life experience

Aid abroad. Retirees bring a little salt and pepper into the Peace Corps volunteer experience.

Most Americans think of a Peace Corps volunteer as a hippie straight out of college. While the average age of those serving is 28, 7 percent of approximately 8,000 volunteers worldwide are over 50. Although retired volunteers may face slightly different challenges overseas than their younger counterparts, they also arrive in their host countries with experiences that benefit their service personally and professionally.

Peace Corps literature emphasizes the benefits of serving later in life: "50-plus volunteers are generally accorded respect for their age and wisdom, and often mentor younger volunteers." Native Min-



A pigtailed Linda Hebenstreit leads an activity as a Peace Corps volunteer in the Ukraine. / PROVIDED

nesotans Linda and David Hebenstreit, both in their 60s, were sworn in as Peace Corps volunteers in Krivoy Rog, Ukraine, in December 2012. The Hebenstreits are both English-language education volunteers, which allows

Linda to draw upon her teaching experience from back in the States. This summer, they ran a large summer camp for Ukrainian students and teens that focused on creativity and leadership. It featured a video greeting personal-

ly recorded for the camp by the mayor of Duluth, Linda's hometown.

While many older volunteers, including Linda and David, cite learning the local language as a challenge, this has not impeded their work.

Quoted

"It's something that we'll have for the rest of our lives. I'm so glad we decided to do it."

Linda Hebenstreit

municate with faraway family members. "Of course, you can't have this conversation without mentioning Skype," David says. The Hebenstreits have used their vacation time to visit their daughter and son-in-law at their home in Belgium, and plan to meet the new baby soon. "We had said we'll wait until Christmas to visit again," Linda says. "But now I'm backpedaling on that."

The Hebenstreits have 18 months left in Krivoy Rog and plan to settle somewhere on the sea after their service. They have no regrets about serving. "I think it's worth letting people know that the Peace Corps really values older volunteers," Linda says. "We're very well taken care of. It's something that we'll have for the rest of our lives. I'm so glad we decided to do it."

NATALIE SHURE
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A makeover for college campus grub

Campuses aren't typically hailed for their culinary treasures, but it only takes one student, administrator or entrepreneur — or all three working together — to create tasty alternatives to the dining-hall experience. Here are three of this year's movers and shakers on the campus cuisine scene. **BRUCE WALSH**



The Magic Carpet food truck is a mainstay of veggie and vegan eating for all students — and it has the line to prove it. / PROVIDED

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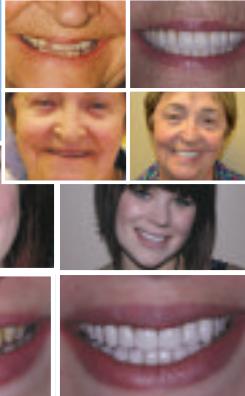
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Fairfield University

From garden to cafeteria

Dana August, a 2011 graduate, was an ardent advocate for healthy eating during her time at Fairfield University. One of this student sustainability coordinator's proposed initiatives, the Fairfield University

Campus Garden, has been up and running since 2010.

Every week students deliver produce to their campus dining hall, as well as host a summer "Lunch in the Garden" series, not to mention the ever-popular November garlic planting festivities.

Top 15

Here are the 15 best colleges for food in America for 2013.

1. Bowdoin College, Maine

2. Washington University, Missouri

3. Virginia Tech, Virginia

4. Emory University, Georgia

5. UCLA, California

6. Cornell University, New York

7. UMass Amherst, Massachusetts

8. Kennesaw State University, Georgia

9. Tufts University, Massachusetts

10. Yale University, Connecticut

11. St. Olaf College, Minnesota

12. Northwestern University, Illinois

13. Gettysburg College, Pennsylvania

14. Occidental College, California

15. Grinnell College, Iowa

Source:
The Daily Meal

University of Pennsylvania

This lunch truck mainstay still has a magic touch

A legendary fixture on the University of Pennsylvania campus, the Magic Carpet truck was serving up vegan and vegetarian fare long before it was chic. When the truck opened in 1984, there were few, if any, veggie options in the UPenn dining halls. Times have changed, but a long line still

forms at the corner of 34th and Walnut and snakes around the corner. "The vegan crowd has really grown. That's helped us," says co-owner Dean Vavoutis. "But, actually, vegetarians have only ever been about 25 percent of our business. Students hear about us early on, and it's repeat business the whole time." Vavoutis and his partner Deborah Carson recently opened a Magic Carpet Jr. truck nearby to keep up with demand.

University of Delaware

Mashgiach in the dining hall

According to Collegexpress, more than 70 colleges nationwide offer kosher meal options. U of D plans to add itself to that list in 2015, and the school is sure to

make a big splash in the kosher community while doing so. Not only will its new dining center feature a kosher station, the university has also committed to hiring a certified mashgiach (food supervisor) to oversee all the food preparation.

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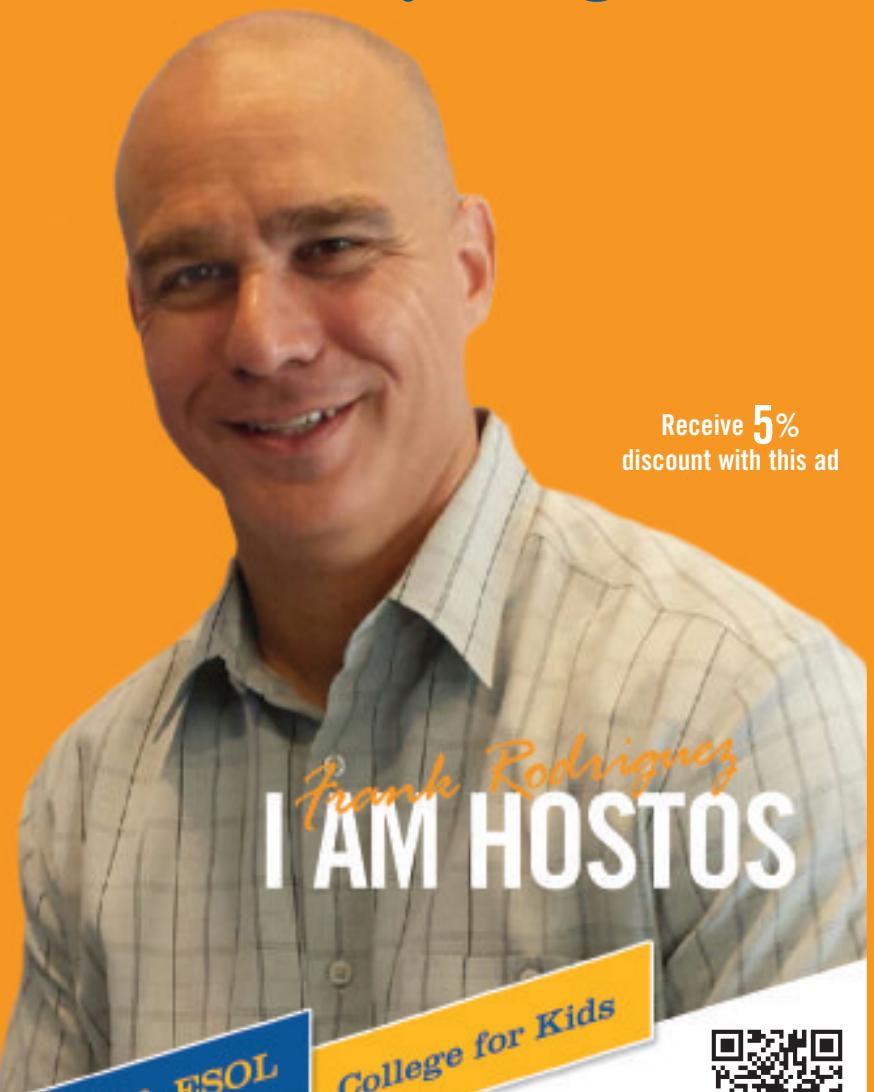
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PLAY BY THE NEW RULES FOR CAREER SUCCESS

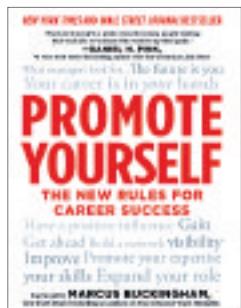
In today's economy, you need to create your own career path instead of relying on a company to create one for you. You need to be accountable — at the end of the day, your success or failure depends on how hard you work, how fresh your skills are and the value you deliver. You are competing not just against your peers, but against everyone in the world. Positions exist today that didn't five years ago and jobs of the past have since been automated. We are playing by a new set of rules and by learning them, you can stand out and get ahead. Here are five of the new rules, as mentioned in my new best-selling book, "Promote Yourself."

1 Your job description is just the beginning.

If all you do is your job, you can't get ahead at work. Instead, you need to constantly prove yourself, over-deliver on your work and take on new responsibilities whenever possible.



Your reputation will speak for you, so make sure it is positive. / GETTY IMAGES/BRAND X



2 Your job is temporary.

The U.S. Bureau of Labor Statistics reports that the average number of times people change

Jobs Advice

DAN SCHAWBEL

DANSCHAWBEL.COM

Dan Schawbel is a Gen Y career expert, the founder of Millennial Branding and the author of the best-selling book, "Promote Yourself: The New Rules for Career Success."



jobs during their career is 11. You won't be at the company in the same job for life, so get the most out of it and always leave your options open.

3 Your reputation is the single greatest asset you have.

As you move from job to job and company to company, the one thing you get to take with you is your reputation. If you build a strong reputation, the opportunities will find you.

4 Your personal life is now public.

How you present yourself online

can affect how people perceive and treat you at work. Your personal and professional lives are merged. Think about how you want co-workers who are friends on Facebook to perceive you before you post.

5 Your boss's career comes first.

Although you are accountable for your own career, your boss's trajectory can make a difference. If your manager isn't successful, it will be hard for him or her to support you. Work hard to make your boss's life easier.

Rise up. These four simple tips can help you achieve more

Entry-level positions can be a starting block. There is only one way: up.

Amp up your education

Sometimes the position above you requires further schooling. Ask your boss what type of training will allow you to move up in the company. Research job ads to see what kinds of degrees are required in the types of positions you're looking to move into.



Anyone who moves up has to start somewhere. / GETTY IMAGES

involving yourself and creating connections, your superiors will notice and be more likely to help you advance.

Remember what happens when you assume

Never assume your boss knows you want a promotion or are eager for more responsibilities. Be assertive (but not obnoxious) with your desire to move up. Tell people you are interested and find out how to make it happen.

Be aware of your work environment

Depending on the type of company you're with, it can be rare for positions to open up — especially if it's small. In this case, focus on integrating yourself into the company as much as you can. Tackle additional assignments that showcase your skills. Volunteer to serve on committees or take on new roles. By LEAH RUEHLICKE

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The energy from saying "sorry" can be better used for other things. / GETTY IMAGES, CREATAS RF

GUILTY BY APPROPRIATION: YOU HAVE TO LET IT GO

The Broad Experience

ASHLEY MILNE-TYTE

Ashley Milne-Tyte is a radio producer and reporter based in New York City. She hosts a bi-monthly podcast called "The Broad Experience" about women in the workplace.



If you're female, chances are you've felt guilty about something work-related lately. Maybe you're convinced you said the wrong thing during a meeting, or perhaps you've had to miss a soccer game or parent/teacher conference because you were on the job. Women do guilt really well. Many of us say "sorry" repeatedly and obsess over minor mistakes.

The trouble with guilt is that it's a wasted emotion. It doesn't propel you forward, it holds you back. But instead of wallowing in regret, you could actually be using that energy to get something done.

The reason many women feel so much guilt is that, at our core, many of us believe we're screwing up if we're not meeting the stereotype of the ideal woman. You know her: she looks great, she does everything perfectly (at

home and at work), she's a great mother and she's really nice.

Jodi Detjen is co-author of "The Orange Line – A Woman's Guide to Integrating Career, Family and Life." She says women have imbibed centuries' worth of rules about how we should behave and sticking to them is harming our careers.

"We only feel guilt because we believe we're breaking a rule," says Detjen. She urges women to question those age-old assumptions. Only when we do that, she says, will more women free themselves up to excel in the workplace.

"Why do we feel guilty if we're dropping our kid off at day care? We should feel good about making money for our family," she says. We suffer, of course, because society has had ideas about a "woman's job" since, well, forever.

Tips

How to overcome guilt:

- Ask yourself why you're feeling guilty. It's likely you're seeing your life through what Detjen calls "the feminine filter" — an age-old lens that dictates what a woman should be. Have the strength to question it. Why should you "be" anything?
- Negotiate to determine household and career duties if and when you can. Detjen was miserable for years after she put her career aside, raising two boys, telling herself motherhood was more important. Then, she realized her career was vital to her — and her household's — happiness. She and her husband negotiate a lot about who will be where, when.
- If you feel you have upset someone at work, or made an error, apologize once, then move on. Being "nice" doesn't require self-flagellation and multiple "sorries."

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Horoscope

♊ Libra | Sept. 23-Oct. 22.
Keep life simple and avoid over-the-top expenses or responsibilities that will hinder the ability to take care of your needs.

♏ Scorpio | Oct. 23-Nov. 21.
Improve your living space. Any projects that can enhance the way you look and feel will help you project a better image.

♐ Sagittarius | Nov. 22-Dec. 21.
A day trip that offers adventure or new experiences could prove advantageous. Let your free spirit take over, and be on the lookout for opportunity.

♑ Capricorn | Dec. 22-Jan. 20.
Don't be shy, and make sure you loudly express your reasons for the decisions you make. Have confidence.

♒ Aquarius | Jan. 21-Feb. 18.
Too much self-criticism can be debilitating. Look at your positive qualities and work at perfecting the things you enjoy most.

♓ Pisces | Feb. 19-March 20.
You've got what it takes to make a difference. Use your skills and offer help, and you will make an impression that will lead to greater prosperity.

♈ Aries | March 21-April 19.
Don't allow personal problems to stand between you and your goals. Step outside your situation and establish what you need.

♉ Taurus | April 21-May 19.
Be aware of what's going on around you before you take any irrevocable steps. Stick to rules.

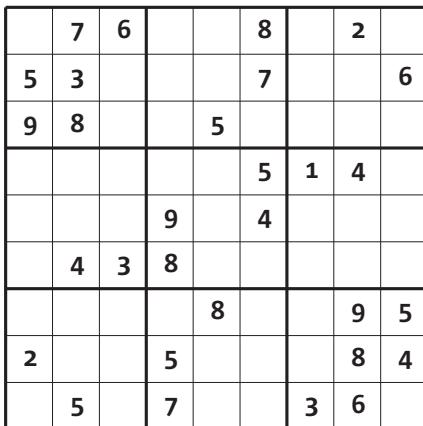
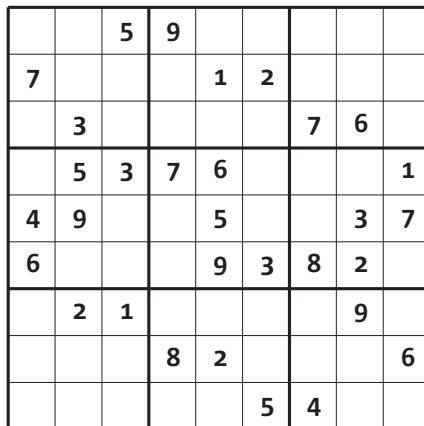
♊ Gemini | May 22-June 20.
Play around with options that could improve your living space. Joining new groups will lead to valuable networking opportunities. An open attitude will lead to good fortune.

♋ Cancer | June 21-July 22.
Do your own thing. Don't expect everyone to agree with you. Letting go could be the smartest move.

♌ Leo | July 23-Aug. 22.
Offer suggestions to people seeking help, but don't take on responsibilities that aren't yours.

♍ Virgo | Aug. 23-Sept. 22.
Focus on participation today, be it in your community or in your career. Becoming more involved in a cause or group will lead to new friends and lasting relationships.

BERNICE BEDE OSOL

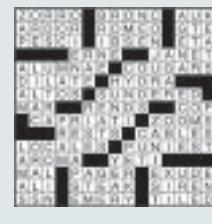
Sudoku: Easy and hard**Crossword****Across**

- 1 Piece of parsley
- 6 9-digit IDs
- 10 Roused up
- 14 Roomy
- 15 Minute
- 16 Cheers for toreros
- 17 Bobby of Indy fame
- 18 Kassel's river
- 19 Inspired poetry
- 20 Favor
- 22 Trace element in salt
- 24 Survey finding
- 25 Determine value
- 26 Zodiac sign
- 30 Hindu princess
- 32 Mighty — oak
- 33 Foggy
- 35 World fairs
- 40 Shut the gate
- 42 Fishing spots
- 44 Raw-fish delicacy
- 45 Omnia vincit —
- 47 Evening in Paris
- 48 Spanish painter
- 50 Raises up
- 52 Paid for
- 56 Exploding star
- 58 Surprise attack
- 59 Made a fist
- 64 Ponce de —
- 65 Goddess of strife

- 67 Mad Hatter's guest
- 68 Unforeseen difficulty
- 69 Magritte or Russo
- 70 Move to the beat
- 71 "The Thin Man" pooch
- 72 Rotate
- 73 Hypnotized

Down

- 1 Put-down
- 2 Southern loaf
- 3 Mr. Perot
- 4 Palm reader's opener (2 wds.)
- 5 Bach, for one
- 6 Archaeology find
- 7 Pistol or sword
- 8 Compass pt.
- 9 From Damascus
- 10 Pine source
- 11 Rock 'n' roll classic
- 12 Wails
- 13 Hairpin curves
- 21 Woman in white
- 23 Basket willow
- 26 Guys' partners
- 27 Hairy twin
- 28 Gym pads
- 29 Creep along
- 31 Lhasa —
- 34 Call it —
- 36 Warrior princess

Weekend's answer**Letters****A little copper never hurt anyone**

Re: 'All about IUDs: The invisible birth control' (Metro, Sept. 19)

I am a provider of women's health care (a nurse-midwife) and while I love it when information reaches many about good birth control options for women, I shudder when there is misleading information released and worry it will limit women's knowledge of options. To say copper is released from a ParaGard IUD sounds misleading, as most people don't know that we also take trace amounts of copper into our bodies each day in diet as well, where it serves good purposes. It is more useful to explain that ParaGard, by its presence in a uterus, acts as spermicide and prevents sperm from reaching and fertilizing the egg. Further, the ParaGard most often causes heavier periods (not cessation of periods as indicated in the article). Lastly, women can

seek more information about control methods through many types of practitioners, including certified nurse-midwives, nurse-practitioners and physician assistants. Women should know they are not limited to getting care from physicians only.

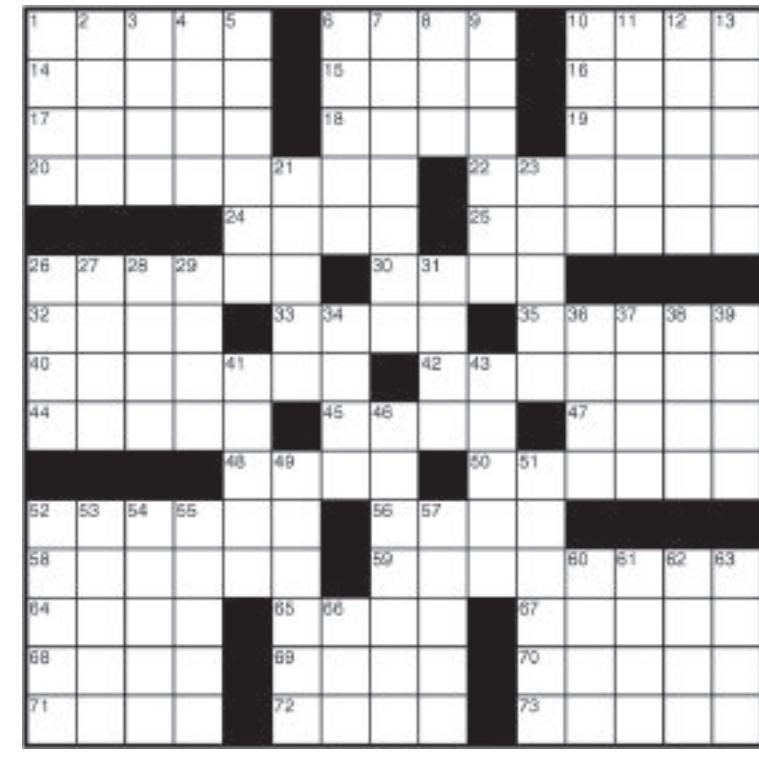
ANGELA FERRARI, VIA EMAIL

The kindness of strangers

I would like to recognize and give thanks to my own personal first responders who helped me when I fell this past Thursday. From the gentleman who took charge and called for an ambulance, to the lady who with patience and humor directed traffic until the police got there, to those who stood at the ready in case they were needed — all were wonderful. DIANNE RICHARDSON, VIA EMAIL

letters@metro.us

Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.



A DAY FOR RIVERA

MLB. The Yankees honored Mariano Rivera with an hour-long event.

Mariano Rivera has been feted by opposing teams throughout MLB with gifts all season, but the last and most lavish ceremonies took place before the Yankees resumed their chase at a wild-card berth yesterday afternoon.

The 50-minute ceremony had everything imaginable, including a retirement ceremony for his No. 42 in Monument Park.

"I didn't know what to feel, especially at the monument where they have the number retired already," Rivera said. "It was emotional and a lot of adrenaline, but overall it was great."

"Just a special day," manager Joe Girardi said. "Just really a wonderful



The Yankees went to the surprising length of retiring Mariano Rivera's No. 42 before his career is even over. / GETTY IMAGES

day."

The ceremony also included a special performance by Metallica, whose hit "Enter Sandman" has signaled Rivera is coming into the game since 1999.

Also introduced were former teammates Jeff Nelson, David Cone, John

Wetteland, Hideki Matsui, Tino Martinez, Paul O'Neill, Bernie Williams and Jorge Posada. The group of former Yankees sports a combined 27 championship rings.

The last introductions of Yankees were manager Joe Torre, who said that his work was essen-

tially done once Rivera came into the game, and trainer Gene Monahan.

"There is nobody," Torre said, "that is ever going to do what he did out of the bullpen."

LARRY
FLEISHER
sports@metro.us

NFL. Giants lose ugly in season-altering flop against Panthers

The Giants came into yesterday's matchup with the Panthers desperately wanting to keep turnovers to a minimum, but after a 38-0 thumping, they showed turnovers aren't the only problem.

New York (0-3) continued its winless stretch to start the season, as they were thoroughly outplayed in all facets of the game.

Metro takes a look at what we learned from the loss:

1 Under attack

Manning was under siege from the opening whistle, as he was sacked six times in the first half alone. The turnover-prone quarterback wasn't careless with the ball, but he never really had time. He was sacked seven times in total. The offensive line has struggled since the early days of training camp with both injuries and inconsistencies and Manning ended up mercifully

being yanked in the waning minutes.

2 Slowing things down

A slow start destroyed the Giants, as they immediately fell into a quick 7-0 hole en route to a 17-0 deficit at the half. Such was the Giants' ineptitude that they could only muster 18 net passing yards and the Panthers held a 13-2 advantage on first downs before the break. Manning was actually the Giants' leading rusher at the half.

3 On the hot seat?

The Giants have been a resilient bunch since head coach Tom Coughlin came aboard 10 seasons ago. But after this 0-3 start, they'll need to take it to another level. Big Blue hasn't started a season 0-3 since the 1996 season, and never before under Coughlin's watch. Only five teams have made the playoffs after starting the season 0-3.

TONY WILLIAMS



Newton had four total TDs. / GETTY IMAGES

Quoted

"We have to find ways to slow down the pass rush, whether that is running the ball with screens or getting the ball out quicker."

Tom Coughlin, head coach
On Eli Manning being under constant pressure, including seven sacks

Catching Mo

Joe Girardi reflects on 'greatest ever'

Joe Girardi is in a select group of 24 players who have caught Mariano Rivera — but other than Jorge Posada, nobody in that group has as much experience as the Yankee manager.

Legend has it Rivera discovered his famous cut fastball while throwing in the outfield in June 1997 at Detroit's Tiger Stadium. But Girardi recalled Rivera always having the cutter, though there are some subtle differences now that Rivera approaches 44 years old, including the addition of a sinker.

"It was a real treat to catch him," Girardi said. "I've said over and over, he was the greatest pitcher I ever caught, and he was the easiest I ever caught." LARRY FLEISHER

3

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Ryan all smiles even after sloppy victory

NFL. Kyle Wilson nearly gave away the game in the fourth quarter, but the Jets head coach was all positive.

The Jets beat the Bills in spite of themselves yesterday afternoon.

A franchise-record 20 penalties for 168 yards gave the Bills a chance to win the game. Sprinkle in two turnovers — both interceptions thrown by rookie quarterback Geno Smith — and head coach Rex Ryan had every right to be angry at his post-game press conference.

But instead, Ryan was smiling even as he said the Jets' sloppiness was unacceptable. He rationalized that if the Jets could win despite their



Rex Ryan was smiling after the game thanks to the impressive performance of his defense. / GETTY IMAGES

sloppy play, they can only go forward from here.

"The thing that makes me most happy is that I know this team is going to get better," Ryan said.

"There's no way we can't. Twenty penalties? That's on my shoulders, no ques-

tion about it. I know we can get better. Just think how good we can be if we can eliminate the penalties and the turnovers.

"Take away all the other stuff. We found a way, we persevered and we won. That's really

encouraging to me. That tells you about the fight and the spirit of this football team."

The sloppiness reached an apex in the fourth quarter when concentration needed to be at its finest. Instead, the Jets committed mental error after mental error and nearly gave away the game due to repeated errors by Kyle Wilson. He was benched after three straight penalties.

"In the heat of battle, some things happen. We needed to get him out of there, sit back, think about it and calm it," Ryan said. "He came back and entered the game. Some things happen. You can't put your personal situation in front of the team."

KRISTIAN DYER
sports@metro.us

Top 3 takeaways

Jets vs. Bills: What we learned

In the first meeting between Jets quarterback Geno Smith and Bills quarterback E.J. Manuel, it was Smith who came out on top in a 27-20 win over the Bills.

We look at what the win taught us about a surprising 2-1 Jets team:

1 Smith vs. Manuel

It was billed all week as a battle of the first two quarterbacks taken in this past NFL Draft.

Manuel, a surprise selection at No. 16, had impressed during the season's first two games. But on the Jets' first drive, Smith made three third-down conversion attempts and an 8-yard designed quarterback draw that gave the Jets a 7-0 lead. All told, Smith had pass plays of 45 yards, 51 yards, 40 yards and 69 yards as he showed off his big arm for the first time.

2 Ground and pound it

The running back tandem of Bilal Powell and Chris Ivory got rolling against the Patriots, but it was a slow start for the Jets yesterday. They had just 27 rushing yards on 11 carries in the first quarter and lost Ivory to a left hamstring injury in the second quarter.

Eventually, the Jets got the ground game rolling behind Powell, including a powerful 27-yard run early in the third quarter. Powell finished the game with 24 carries for a career-high 149 yards.

3 Penalties kill

Cornerback Kyle Wilson gave the Bills a lifeline in the fourth quarter as he committed four straight penalties to extend a Buffalo drive that looked likely to peter out. Instead, the Wilson penalties set up Manuel for a 33-yard touchdown pass to tight end Scott Chandler over the middle and a tie game after a two-point conversion. KRISTIAN DYER

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NOTICE IS HEREBY GIVEN that a license, Number Pending for Liquor, Wine & Beer has been applied for by the undersigned to sell Liquor, Wine & Beer at retail in a Restaurant, under the Alcoholic Beverage Control Law at 4-40 44th Drive, 357 Route #202, Stores 1 & 2, Haverstraw, NY 10570 for on-premises consumption. The Playroom Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1273611 for Eating Place Beer has been applied for by the undersigned to sell Beer at retail in a Restaurant under the Alcoholic Beverage Control Law at 552 8th Ave a/k/a 265 W. 37th Street, New York, NY for on-premises consumption. Hit Cafe Inc.

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Homes

Ward Ave, Open House Sat & Sun 12-4pm, 3 brm fully renov, marble kit/2.5 brs, fin bsmt, pvt drwy, gar. Owner 646-431-0105, 718-740-5222

BED STUY FULLY RENOV
2 & 3 Family Brownstones, Orig. Details, Large Rooms, Exposed Brick, Fin Bsmt Broker 718-259-8973

CANARSIE * x220 Glenwood Rd, New Construction Huge 2 FAM, 32 Br's, fin bsmt, hwd flrs, granite kit, 55 apps. Top fr roof deck, BRK BROKER 646-372-8924

EAST FLATBUSH * 1 Fam, Det, 3 Br, Sep LR & DR, Fin Bsmt, Blvd Drivwy, Pvt Gar, Nr Ali, Owner Anxius, \$33K, Agent 917-691-4854

E. FLATBUSH * Newly Renov S/D 2 Fam, 6.5/6.5 - Fin Bsmt, Mod Kt/Bs, Fin Bsmt, Blvd Drivwy, Gar. CANARSIE* fully renov 2 fam, std 5.5/5.5, drv, gar \$400k Brk 646-372-9824

Flushing E 31 St * Open House Sat & Sun 12-4pm, 2 brm brk, fully renov, 3 br + fin bsmt, jacuzzi, granite kit * Owner 718-740-5222 / 646-431-0105 *

Homes

HOWARD BEACH Amazing, huge new corner det 1 fam 4 brs, 3 bths, new kit w/s appls, walk-in closets, fin bsmt, yard. Owner 516-779-7649

LAURELTON 1 FAMILY
Brick det newly renov, 4 Br's, 3 full bths, fin bsmt, gar, dwy, walk-in closets, granite kit, etc. Owner 917-688-4747

Rough Cabin on 9 acres, open & wooded land. Great for weekend getaway where you can enjoy nature and relax. Owner financing \$7,000 down. \$338/mo. \$22,900. Coll Bill Hunt, Sidney, NY 307-563-1993



Apartments

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Boston Rd & Westchester Ave. 1 & 2 BR apt, walk-up bldg, Renov Kit/Bf, nr Trans & School, 3rd fl. Owner Maria 914-632-1230

EASTCHESTER RD * Renov 2 BR in 2 Fam w/bkdy. Quiet resid blk, \$125/mo. Nr Xpress Bus to Manh, Hwy & Shops. Owner 347-203-2066

FORDHAM/BELMONT AREA 1 BR fr \$1000/mo. Elevator No fee, Broker, Call 718-601-1483 Monday to Friday 9am-5pm

Nox So Rx, Concorse, Other Areas Studio 1, 2, 3, & 4 BR Renov Apts. Immediate! All programs accepted. Pascal Rtry 718-632-6129 / 347-739-3949

Nox Section 1 & 2 * Newly Renov 1 blk from last stop on "D" train & Shopping. No Pets, No Smoking, CREDIT CK Req'd. Owner 718-729-3461

WOODLAND - spacious 3 br apt in pvt home, no brokers fee, close #5 train/Metro North/Bronx River, \$1650 mo, 1 mo dep, 1st/12th, Owner 347-403-0131

* BAY RIDGE 2 BR w/bkryce *

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EAST NEW YORK * spacious 1 Bed Apt, 2nd Flr, \$200/mo, 1 mo rent + 1 mo sec, H/HW incl, No Pets. Call Owner 347-251-4079

EAST NY: Newly Renov. 2 BR apt, hwd flrs, nr L, 3 & 4 train & 15 bus, \$1400/mo, 1 mo rent, + sec. Ref/Credit Chkd Reqd. Call Owner 646-824-9566

Linden Blvd & Willmott St. Nr. Brookdale Cntr, 3 Br, 2 Bd, Hwd flrs, \$1875, 1 mo sec + 1 mo rent. Utils not incl. Owner 917-327-1833

PROSPECT PARK - Ocean Ave Corner of Prospect, Studio \$125/mo, well maint'd, rent stabl, bldg, hwd flrs. Across the St, from park, subways, 1st flr rent free. * Call Agent 718-657-1085*

* RUGBY * E. 58th St & Snyder Ave 1 Block off King Hwy. Well maint'd, rent stabilized, bldg, 1 br \$1150, 1st 1/2 mo rent free, Agt 718-657-1085

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For Rockaway Beach 69 St. 2nd flr 3 brs, 2 full bths in 2 fam. Nr trans & beach, parking space, \$1500/mo. No fee. Owner 718-634-0883, 347-206-9888

St. Albans 170th St. & Foch Blvd. off 116th flr 2 br, well maint'd, garden style complex, Nr shops, \$145/bus 1st 1/2 mo rent free. Agt 718-657-1085

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Crown Heights * Lge Unfurnished Rm Non-smkr, male pref'd. Cable, frig & util, incl. No pets. Avail immmed. By Owner 917-971-4105

*Georgetown Large Furnished Room * For Rent. Share kitchen & bath. Near All Avail Now, 1 wk rent, 2 wk sec. \$185/wk. Owner 917-690-2338

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I was skeptical. I bought a box and it worked as advertised. Within a week I had relief. Howard Toy, 69, Henderson, NV **It's heaven to sleep through the night.** For many years I had 6-7 sleep interruptions every night. Had urgent trips to the bathroom day and night with discomforts. I enjoy my new life. Angus Pike, Oshawa, ON

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#26

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Dr. C. Hammoud M. H., PhD, recommends this natural, effective fish peptide product to nutritionally support the body's normal blood pressure function. *A science-backed herbal phytonutrient. Promotes flexible, relaxed blood vessels in healthy persons. *A one-of-a-kind formula that offers unprecedented nutritional support for your overall health and well-being. *We have thousands of repeat customers. Blood pressure is a focal point of cardiovascular wellness. *Achieve your balance and maintain your balance and a healthy range.

Bell Blood Pressure Formulation helped me feel great. Thank you for this wonderful product. William Oliver, Portsmouth, VA **I have been taking Bell #26 now for one year.** My mom and brother started taking it as well. Even my pastor is on it now. Thanks! Mary Earl, Longview, TX **I started to take Bell Blood Pressure Formulation Formulation #26.** After about 30 days my blood pressure was normal. My doctor was very happy with me. Irene Surridge, 67, Owen Sound, ON **A friend recommended Bell BP Formulation!** When a friend had good results I decided to try it. After taking Bell Blood Pressure Formulation #26. It made a difference in my life. Milton Perdomo, 68, Rego Park, NY. **No need to make claims.** Bell relays 100% truthful user's free speech. No money is paid for it. No questions asked guarantee.

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#60

Last couple of years I tried everything. Results with Bell Skin Disorders #60 were unbelievable. I have beautiful skin again. Thanks for giving back my self-esteem. Nelisa Royer, 28, Doral, FL **My mom bought Bell #60.** I was skeptical. It did work quickly and better than anything else. Christopher Seraphin, 14, Brooklyn, NY. **It worked.** I no longer have to hide at home, because I was ashamed to be seen. Agnes Casillas, 60, New York, NY **Can wear again dresses** that are backless. My skin looks fantastic. Thank you from the bottom of my heart. Yvette Maclean, 40, Lodi, CA **I was trying everything for years** and nothing worked. I felt physical and emotional pain having to hide. Finally I found your Bell #60. I'm so grateful and impressed about how fast it worked with amazing results. Eulalia Isabel Sanchez Martin, 30, Brampton, ON **Skeptics can call everybody. All are real people like you or your friends.**



#23

SNORING?

As recommended by Dr. Gifford-Jones M. D.

Here is proof that snoring can be corrupting your health and your marriage. Three out of 10 couples are considering divorce because of snoring says a major magazine article. You are not alone! An official survey says 48% of all people snore. 75% are affected, if you add non-snoring husbands that have snoring wives or vice versa. Snoring is caused by slack muscles in the throat. A common complaint is that people feel that they are not well rested in the morning. Many people wrote they are now sleeping like babies. Their partners are delighted. This natural health product Sound Sleep #23 usually helps the first night. No side effects.

College professor had lack of good sleeps with many interruptions for last 8 years that made her tired during the day. Within 3 days taking Bell Sound Sleep #23 the terrible snoring stopped. I wake up feeling refreshed and energized. I can concentrate in a focused, happy manner. I feel delighted with this natural product. Dr. Anele E. Heiges, 77, New York, NY

A life changing product. The very first night I took the capsules and every night after I had a restful and wonderful sleep. It has been a God send and blessing. I am by nature a skeptic. The money-back guarantee convinced me to try it. Jimmy Pay, 53, Gardendale, AC

3 Years on Bell Sound Sleep #23. My wife and I are entirely satisfied. Snoring episodes have completely disappeared. This has improved our lives enormously. Leo Fortin, 60, St-Georges, QC

Basically you saved my husband's life. For the last 5 years my husband had very bad nights. Bell #23 was nothing short of a miracle. I have my husband back. No more snoring. No more napping during the day. I am telling all our friends. Bonnie Johnson, 64, Wichita, KS

My life changed. Sleep now 7-8 hours. I am a retired college professor and author of books. I have no more need to nap during the day. Nothing I tried helped until I started Bell Sound Sleep. I am so delighted with this product I would like to make motivational speeches to help others. Carmen V. Caruso, 66, Ann Arbor, MI **On the Bell Website we list phone numbers or email addresses of actual users of this product and all other Bell products. Most are delighted to talk about their relief.**